



Pedestrian deaths up 25 percent since 2013. 6



A second whistleblower with insider knowledge of President Trump's dealings with the Ukraine has come forward, fueling impeachment efforts. 2



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**MONDAY** 

78° | 57°



Chance

**TUESDAY** 

66° | 56° 🥠



Chance

#### **WEDNESDAY**

63° | 58°



Chance

#### THURSDAY

65° | 55°



Chance Rain

#### **FRIDAY**

NOAA-NATIONAL WEATHER SERVICE



Chance Rain

# Second whistleblower in Trump-Ukraine scandal comes forward

Insider evidence against President Trump mounts

second whistleblower has come forward with first-hand knowledge of President Donald Trump's attempts to get the Ukrainian president to investigate a political rival, lawyers for the official said on Sunday.

Lawyer Mark Zaid said the person, also an intelligence official, has direct knowledge of some of the allegations involving the initial whistleblower complaint, which triggered impeachment proceedings against the Republican president.

The emergence of a second protected witness complicates efforts by Trump and his Republican supporters to dismiss the complaint as politically motivated hearsay and may strengthen the Democrats' case against

The complaint, filed with the inspector general on Aug. 12, cited information received from

half a dozen U.S. officials expressing concern that Trump was using the power of his office to solicit interference from a foreign country as he seeks re-election to a second term in 2020.

It also alleged that Trump leveraged \$400 million in aid to secure a promise from Ukrainian President Volodymyr Zelenskiy to investigate a Democratic rival, former Vice President Joe Biden, and his son Hunter Biden, telligence Community Inspector General," Andrew Bakaj, a second lawyer, said on Twitter. Bakaj declined further comment.

Zaid said the whistleblower had spoken with the inspector general as part of an initial examination of the whistleblower complaint. An interview with the inspector general affords protection against reprisal.

Confirmation of another whistleblower followed stirrings of discon-

In Trump leveraged \$400 million in aid to secure a promise from Ukrainian President Volodymyr Zelenskiy to investigate a Democratic rival, former Vice President Joe Biden, and his son Hunter Biden

who sat on the board of a Ukrainian energy com-

"I can confirm that my firm and my team represent multiple whistleblowers in connection to the underlying August 12, 2019, disclosure to the Intent within Trump's own Republican Party after he called on Beijing on Friday to investigate Biden's son, who had business dealings in China.

Republican U.S. Senators Mitt Romney, Ben Sasse and Susan Collins

# "The Biden family was PAID OFF, pure and simple!"

Donald Trump on

have expressed concerns about Trump reaching out to foreign countries to help him in his 2020 re-election bid.

However, other Republicans stood firmly in support of Trump on news shows on Sunday, echoing the president's insistence that there was nothing wrong with his Ukraine call and dismissing his entreaty to China as a joke, even though Trump continues to raise the issue.

"I doubt if the China comment was serious to tell you the truth," U.S. Senator Roy Blunt, a Republican member of the Senate Intelligence Committee, said on CBS' "Face the Nation."

"I don't imagine that's what he was doing. Certainly we shouldn't expect the Chinese, the Russians or any of our national security adversaries to be helpful in any way.'

Trump has alleged that Hunter Biden profited in his business dealings in both Ukraine and China from his father's position, although there has been no evidence of any wrongdoing.

"The Biden family was PAID OFF, pure and simple!" Trump exclaimed on Twitter on Sunday.

The president also railed against the "donothing" Democrats' impeachment with a string of retweets from supporters, touting his high approval ratings among Republicans.

The telephone call with Zelenskiy, a summary of which was released by the White House, and the whistleblower complaint prompted House of Representatives Speaker Nancy Pelosi to launch an impeachment inquiry on Sept. 24. Trump's attempts to solicit foreign interference jeopardized U.S. election integrity and threatened national security, she said.

Democrats said any finding that Trump with-held taxpayer money, already approved by Congress to help Ukraine fight Russian aggression, in exchange for a favor from Zelenskiy would strengthen the against him. REUTERS



# Gay, transgender rights fo-cus for U.S. Supreme Court

The U.S. Supreme Court kicks off its new term this week, with a major dispute on tap over whether a landmark decades-old federal anti-discrimination law that bars sex discrimination in the workplace protects gay and transgender employees. The ninemonth term opens on Monday with three cases to be argued before the nine justices. On Tuesday, the court turns to one of the term's biggest legal battles, with two hours

of arguments scheduled in three related cases on a major LGBT rights dispute. At issue is whether gay and transgender people are covered by Title VII of the Civil Rights Act of 1964, which bars employers from discriminating against employees on the basis of sex as well as race, color, national origin and religion. President Donald Trump's administration has argued that Title VII does not cover sexual orientation or gender identity. REUTERS

#### Sanders health scare involved a heart attack

U.S. presidential 3 Candidate Bernie Sanders suffered Sanders suffered a heart attack earlier this week, his physicians said on Friday, describing his health scare in more specific terms than previously disclosed. Sanders, 78, abruptly canceled all campaign events on Tuesday after suffering chest pains. He underwent surgery to treat a blocked artery, having two stents inserted to prop open the artery. Within hours, his cam-

paign said Sanders, an independent senator from Vermont, was conversing and in good spirits, and on Thursday his wife said he would participate in the fourth Democratic debate on Oct. 15. But on Friday after Sanders left the hospital, his treating physicians cast the events more seriously, using a medical term for a heart attack. The statement could raise new questions about Sanders' age and

#### 'Joker' smashes October record with \$93.5 million

"Joker" laughed its way to a new record at the domestic box office. Despite mounting controversy and security concerns, the R-rated comic-book movie scored \$93.5 million over the weekend and now stands as the biggest October launch of all time. Those ticket sales easily crushed the benchmark previously set last year by Sony's superhero tentpole "Venom" with \$80 million. Directed by Todd Phillips and starring

Joaquin Phoenix, "Joker" has been the subject of scrutiny in weeks leading up to its release over fears that the disturbing origin story of Batman's infamous foe could inspire violence. However, those anxieties didn't deter moviegoers from turning out en masse to see what all the fuss was about.



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# 4 metr NEWS

# After flavor ban, NYC's vape store owners are seeing their businesses go up in smoke

Officials have confused the public, mowing down a field of small businesses, one vape store owner told Metro.



MICHAEL MARTIN

After New York state banned flavored vaping products earlier this month, the outlook for many vape store owners in New York City became tenuous. For others, it's more certain.

"It's over," said Pete Foran, co-owner of Cloud 99 Vapes in the East Village. "It's impossible to maintain our business."

Foran, 46, is a former NYPD officer who started Cloud 99 with partners in 2014 after his retirement from the force. Electronic cigarettes had become a galloping trend, and a vape store seemed like a



lucrative second act.

Sure enough: Offering dozens of flavored vaping products, the Second Avenue shop was a hit. Foran and his partners opened two more locations in Nanuet and Suffern. Revenue hit \$2 million.

Then came what Foran calls "the panic." Earlier this year, some vapers began reporting serious lung problems, including pneumonia. Some required hospitalization. As of this week, 800 cases of vaping-

related lung disease have been reported in 46 states, with 12 deaths.

Meanwhile, critics charged that makers of flavored e-cigarettes and pods were targeting minors with varieties that evoked fruit and candy. On Sept. 17, the state passed an emergency ban on flavored vaping products. The FDA is said to be drafting a federal version.

Today, business at Cloud 99 is down 70 percent. Their \$6,000-amonth East Village space is up for rent. It will close within 90 days, and the other locations soon after.

Foran and his partners are stuck with \$300,000 of inventory, 95 percent of which is flavored. The manufacturers won't take the product back, and Foran isn't even sure how to dispose of highly concentrated nicotine, each bottle of "vape juice" the equivalent of packs if not cartons of cigarettes. "You can't just throw it in a landfill," he said. "It's poison."

In Foran's view, officials didn't approach the outbreak rationally. "They should have handled it like a homicide investigation," tracing the potentially illness-causing cartridges to their sources, he said. "What's coming out is that it's black-market products that are causing these things."

A single substance or toxin hasn't been connected to the outbreak of vaping-related lung problems, but most have been reported by people who vaped THC, the active ingredient in marijuana. On Sept. 27, NBC News reported the results of an investigation in which they tested the contents of 18 THC cartridges purchased from licensed and unlicensed dealers. None of the cartridges purchased from licensed dealers had contaminants. But all 10 black-market cartridges tested contained a pesticide that turns into hydrogen cyanide when burned.

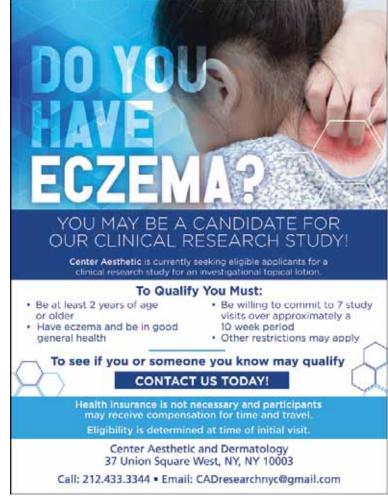
Foran believes officials confused the public, conflating the two controversies with the ban of flavored nicotine products. "There are two separate issues, and unfortunately we got caught up in the cross-hairs of it," he said. "Flavored Juuls are not going to kill you."

But public anxiety, followed by the statewide ban and the prospect of a federal equivalent, is cratering a field of small businesses. Cloud 99 has laid off some employees; ultimately 13 people will lose their jobs. Foran has spoken with other vape store owners who are in disarray. "The owner of Vape NY has been a big advocate, but the poor lady is in financial ruin," said Foran. "I just talked to a friend of mine in the industry. His wife is pregnant, and he doesn't know what he's going to do."

"There's no vape stores after this," he said. "There's absolutely no market in selling tobacco flavors, as much as the politicians want to tell you that. We had variety. That was our niche in this market."

And now Foran is left looking for a third act. "I've got my health benefits and everything like that, so maybe this won't impact me as much as other people," he said. "But we're losing a \$2 million business. My 23-yearold son is a partner. We built this together. I was going to leave it to him."







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# Study shows pedestrians fatalities increased 25 percent in the past 5 years

New research indicates that pedestrian-related deaths have grown a ton over the past five years.



new study conducted by carinsurance.org reveals that pedestrian fatalities are on the rise in America. The study shows that from 2013 to 2017, pedestrian fatalities have increased by 25 percent.

Sadly, on average, the study discovered that in 2017, 16 people a day died in incidents. The number of respondents for the 2017 survey of pedestrian deaths was 5,977.



When it comes to walking, the survey noted that the most dangerous times

pedestrians to walk is during the nighttime. The hours of 6 p.m. to midnight are the most unsafe time for pedestrians. Within the five years studied, nighttime pedestrian deaths

increased by 29 per-

During the day it is much safer for pedestrians, but the numbers show that the daytime pedestrian death rate has still increased; by 17 percent over the five-year period.

On the flip side, when it comes to driver's feelings about pedestrians, the study showed that about a quarter of drivers were most nervous about driving between 3 p.m. and 6 p.m., and be-tween midnight and 3 a.m. It's interesting to note that the timings during which drivers were most anxious didn't match up to the most dangerous time for pedestrian deaths.

Interestingly enough, men are 2.4 times more likely than women to die as pedestrians. Female deaths only rose by 13 percent in 2017 compared to 2013, but men's deaths are up 21 percent since 2013.

studied, nighttime pedestrian deaths increased by 29 percent.

The most common cause of pedestrian fatalities, according to the survey, involve pedestrians crossing roadways and vehicles not turning. Following that, the second most dangerous scenario for pedestrians is walking/ running along a roadway. Coming in third is unusual circumstances.



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# Glowing plus sign sculpture in East River provides swim alerts

The sculpture will change directions based on water current.



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Next time, you walk by the East River, look for the glowing plus sign from POOL light.

The plus sign is part art installation, part warning light. The POOL light is a public art installation you can find at the Seaport District off of Pier 17. You can see the installation on

the Brooklyn waterfront and the bridges connecting Manhattan and Brook-

NBC reports that the light turning teal indicates it's safe to swim in the water. The structure will become pink when bacteria levels exceed its safety

The project does more than just act as an alert for the safety of the water. The project will also be checking out the turbidity, oxygen and pH levels in the river. The lights will reflect these numbers by adjusting in brightness, sharpness and frequency.

The sculpture will also change directions based on the water movement.

The light is 50 feet by 50 feet, and is arranged in a plus sign to symbolize New York City's positive steps since enacting the Clean Water Act of 1972.

NBC reports that the designers created it to raise awareness of the state of the city's rivers.

you're curious about the water quality right now, you can go online and see the current state of the water.

You can go to see the POOL light until January

# Four killed, five wounded in shooting in Kansas bar

Four people were killed and five wounded in a Kansas City area bar early on Sunday when one or two suspects opened fire, and police were hunting for the shooters, local authorities said.

Authorities the suspects had been involved in a dispute at Tequila KC Bar, a private club, earlier in the night and left before returning around 1:30 a.m. and opening fire with handguns, the Kansas City Police Department, Kansas, said in a statement.

The four people killed were all Hispanic men and ranged from their mid 20s to late 50s. The five people injured were hospitalized and are in stable condition, police spokesman Thomas Tomasic told reporters on Sunday.

"We do not have any specific suspect information yet," Tomasic said. "We do not believe it's



A local news videographer records footage of the entrance to Teguila KC bar where 9 people were shot and four killed on October 06, 2019 in Kansas City

random. We do believe that it's an isolated inci-

Police arrived at a scene of chaos when they were alerted to the incident, as the few dozen people who had been in the bar were running out, the suspects had fled and there was blood on the street, he said.

Authorities have not identified the victims, but local resident Juan Ramirez told the Kansas City Star on Sunday that his 29-year-old nephew was among those killed.

Kansas City, Kansas, is located about 4 miles (6.4 km) across the Missouri River from Kansas City, Missouri. Reuters



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A Chinatown street is cordoned off by the NYPD

# **New York** man charged with killing four homeless men using metal pipe

The heinous crimes took place in NYC's Chinatown.

New York police have charged a man with murder for using a metal pipe to beat four fellow homeless men to death as they slept in the city's Chinatown district, authorities said on Sunday.

Randy Santos, 24, was charged with four counts of murder, one count of attempted murder and one count of unlawful possession of marijuana, said New York City Police Department spokesman Martin Brown.

Santos was taken into custody on Saturday after officers responded to a report of an attack and found the bodies of four victims in Manhattan's Chinatown neighborhood.

The suspect's mother, Fioraliza Rodriguez, told the New York Daily News that she had kicked her son out of her house three years ago because he was addicted to drugs, assaulted her and his grandfather and stole from the

"I never thought he



Randy Rodriguez Santos. FACEBOOK

would kill someone," Rodriguez told the newspaper. "I was afraid of him, though, because he punched me. That's when I told him to get out of my house.'

The police department's chief of detectives for Manhattan South, Michael Baldassano, told reporters on Saturday that the victims had appeared to be sleeping and a fifth victim was in the hospital. The condition of the fifth victim was not immediately known on Sunday. REUTERS



The NYPD released this photograph showing the piece of metal that Santos allegedly used to beat to death four sleeping homeless men early Saturday

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	1 3 2			2 people	\$27,326 - \$34,160	AREA (A)			2 people	\$34,698 - \$42,700
2202000	- X	200	2	3 people	\$27,326 - \$38,440		45225	2	3 people	\$34,698 - \$48,050
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Español

Presente una solicitud en línea en <u>nyc.gov/housingconnect</u>. Para recibir una traducción de español de este anuncio y la solicitud impresa, envie un sobre con la dirección a: **HELP Livonia Apartments C/O 330 Hinsdale Street**, **Brooklyn**, **NY 11207**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 3 de diciembre 2019.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版,请将您的回邮伯封寄送至: HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207. 伯封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2019 年 12 月 3。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: <u>nyc.gov/housingconnect</u>. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 3 декабрь 2019.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2019년 12월 3 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien Aplike sou entènèt sou sitwèb <u>nyc.gov/housingconnect</u>. Pou reserva yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat desanm 3, 2019.

i ... .. 11

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني <u>nvc.gov/housingconnect.</u> للحصول على ترجمة باللغة العربية لهذا الإعلان وللموذج الطلب الورقي، أرسل مظروف بحمل اسمك وعنوانك إلى: HELP Livonia Apartments C/O 330 Hinsdale Street, Brooklyn, NY 11207. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال لماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 3 «برسمبر 2019.

Mayor Bill de Blasio • HPD Commissioner Louise Carroll















#### sudoku

#### **EASY**

		8	3	7	4		6	9
			2		6			
3						1		2
6	4		9	2			5	8
	8						9	
9	7			4	8		3	1
8		9						6
			6		9			
7	2		4	3	1	9		

#### **MEDIUM**

7					4	1		
6		5				8	7	
4				7	1			
				2	5		3	
2		6				7		1
	4		7	1				
			1	5				8
	9	1				5		2
		2	8					7

#### HΔRD

			9			8		2
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		6		9			4	
	2			1		7		
9		5			3			

#### **READER WRITE-INS:**

#### THINK BEFORE YOU SIT

Gentlemen, I know you probably had a long day at work or school and you're tired, but you have to stop barging over women and children to try and get a seat on the subway. I've lost count of how many middle-aged men I've seen out-rush senior citizens and young mothers with children, pretend they didn't see them, and bury their collectively stupid faces in their phones. Be better.

We can do better

HL, Metro New York reader





event

# INVITE THE WORLD TO YOUR EVENTS

List your event on metro.us/events

## metro.us/horoscopes



**Aries** You'll be drawn to questionable people and concepts. Look for flaws in whatever is being offered to you before you decide to take part. A partnership needs an adjustment.



**Taurus** You'll have too many choices and too many people tempting you. Take a step back and consider what's realistic and what isn't. Look at the facts before you take a leap of faith.



**Gemini** Keep moving. Physical action will get you closer to your destination than will arguing with someone who doesn't see things your way. Romance is on the rise.



Cancer Put your energy into something unique, original or creative. Refuse to let others' actions stop you from reaching your goals. Focus on achieving, not on getting into a debate.



**Leo** Personal growth, physical improvements and getting things done on time should be your priorities. Don't follow someone else when you have your own responsibilities.



**Virgo** Get away from anyone who is causing confusion in your life. Surround yourself with positive people who share your beliefs and complement what you have to offer.



**Libra** Consider what truly matters to you. It's time to reevaluate your life and direction. Be honest with those who will be affected by the choices you make.



**Scorpio** A change can make or break you. Don't act on impulse or let your emotions lead you down the wrong path. Think before you act, and nurture what you love.



**Sagittarius** Keep moving toward your goal. Refuse to let distractions come between you and what you want to achieve. The shortcut someone offers will lead to a setback. Use common sense.



**Capricorn** He who hesitates is lost. Consider what you want and make it happen. It's up to you to control a situation if you want it to turn in your favor.



**Aquarius** Spend more time sorting through your personal papers, and consider your medical or legal options. Refuse to let your emotions stop you from making the right decision.



Pisces Take time to consider what's best for you. Running with the fast crowd or letting others entice you to get involved in something that isn't good for you should be avoided. BUGENIA LAST

# Doctors Urge Knee Pain Sufferers "Don't Get ANY Surgery Until You SeeThis..."

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

## That's the bad news. Now for some good news...

Over the years, NYC Pain MD medic has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

#### The Treatment Formula

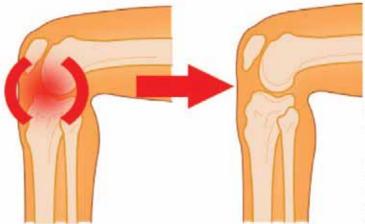
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, NYC Pain MD has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that NYC Pain MD offers.

If you do not, NYC Pain MD will tell you what they think your best options are and help



NYC Pain MD "Treatment Formula" A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- · Platelet Rich Plasma (PRP)
- · Stem Cell Therapy (Lipogems)
- · Genicular Knee Block
- · And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments without good results. However, NYC Pain MD feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At NYC Pain MD your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed NYC Pain MD to get better results than they thought possible.

#### Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... NYC Pain MD would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at 877-296-6310 and take the first step. That step is free without obligation.



www.PainMDNY.com 877-296-6310



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# Sweetly addicting

Host Jonathan Bennett gives Metro the scoop on the wildly popular competition series "Halloween Wars"

MOLLY GIVEN

Fifteen years ago Jonathan Bennett was one of the country's most sought-after heartthrobs after his breakout role in the 2004 smash-hit "Mean Girls." Now the actor has moved on to another role, hosting, and the 38-year-old could not be more excited about it. Bennett has hosted in the past for Food Network, but his alltime favorite gig is for the fan-favorite "Halloween Wars". Bennett sat down with Metro to chat about the competition series, dive into

what he loves about hosting and give the scoop on what makes the show so sweetly addicting for audiences.

I didn't know just how

involved you are in the

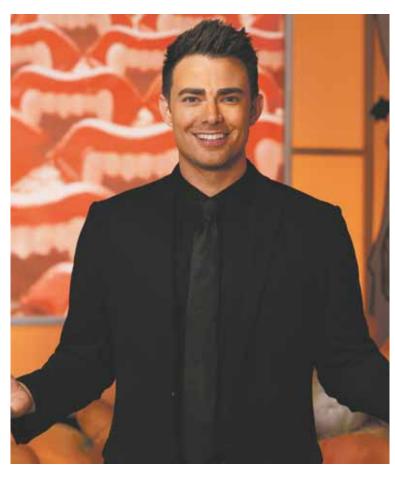
culinary world - you've

hosted for Food Network before and even have your own cookbook. How did you first get involved with Food Network and break into the culinary world? As far as Food Network, I did "Dancing with the Stars" and when I got voted off very early, I realized I can't dance - and that's totally fine, dancing is not for me. Then some people from Food Network saw me on there and they agreed I wasn't a good dancer. But they thought I was really funny and that I would be a really good fit for "Cake Wars." So they offered me the job on

'Cake Wars," and I jumped at the chance because who doesn't want to be a host on Food Network? It's a dream job. The more I worked there, the more in love with food I got, and the more I was around all of the amazing chefs, bakers and cake artists on the show. That love just kept growing until I decided I needed to release a cookbook. I had all of these recipes from my late mother who was a chef - she had incredible recipes that I just wanted to share with the world. So I combined my talent and passion for food, hosting on Food Network and being in "Mean Girls" to make "The Burn Cookbook."

#### What exactly goes down on "Halloween Wars"?

What I love about "Halloween Wars" is that it's different from all of the other shows. This one is the number one fan-favorite I think of the Network, people wait in anticipation all year long to see it. Once the show hits, it's an indication that the holidays are upon us and it's time to start



getting ready for fall, winter and Christmas. It's one of the craziest shows you'll ever see. We take three artists: A cake artist, a pumpkin carver and a sugar artist, we team them up and we put them against four other teams to see which one can create the most terrifying, mind-blowing, gravity-defying displays out of nothing but cake, pumpkin and sugar. What's so fun is that not only are the displays terrifying, they're also delicious. Every week there's a different theme and we give them challenges specifically for that episode. Every week someone also goes

#### What is it about "Halloween Wars" that makes it so highly anticipated and addicting for people?

I think what makes "Halloween Wars" the number one fanfavorite show on Food Network is the excitement and the fun that the people have on the show. The talent that our show finds from the contestants and brings to the competition is better than

anything else I've ever seen on television. We just have so much fun, we don't take ourselves too seriously – but yet we take it very seriously. There's a great mixture of scary, talent and fun, it's just the right amount of every-

What do you like the most about hosting?

I love getting to do all the different gags and time calls with all of our amazing guest judges. Not only do we have amazing sugar artists and a lot of fun, but we also have special celebrity judges in every episode. We have people from "Twilight," "Walking Dead," "Stranger Things' cast members from pretty much all over the horror genre coming on to guest judge. That's a pretty special thing because we don't pay these people a lot of money, but when we call them, 100% of the time they say yes. They jump at the chance because they're fans of the show or their kids are fans of the show. So there's just an excitement about "Halloween Wars" that makes people want to be there and be on the show. You just never know what you're going to see - not only are you going to see amazing sugar work and crazy pumpkin carving, you're also going to see some of your favorite celebrities from the horror genre judging those creations. On top of that, my absolute favorite part of the show is what I get to do. I get to do all of these skits with all of our guest judges and do all of this goofy and ridiculous comedy on the show that no other show on Food Network

#### Overall why would you tell people to watch Food Network's "Halloween Wars"?

I would say you should watch "Halloween Wars" because it gets you in the mood for Halloween, you get to see mindblowing pumpkin creations and you get the hilarious wit of the extremely talented host, Jonathan Bennett. You've never seen pumpkins quite

Catch "Halloween Wars" every Sunday at 9 pm ET on Food Network



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# Phoebe Robinson on her new stand-up tour and being busier than ever

Her 'Sorry, Harriet Tubman' tour hits Bowery Ballroom this Thursday



Comedian Phoebe Robinson is fine with putting in some long hours. Most notably known as one half of the successful comedy duo "2 Dope Queens", with her best friend Jessica Williams, Robinson has recently been lifted up to a new platform after the success of the team's HBO show as well as two successful books including her New York Times Bestseller, "You Can't Touch My Hair". When I reach her over the phone, she is taking a break from her "Sorry, Harriet Tubman" standup tour and catching up on some projects and "very burnt out" in her brand new Tin Reparations production office.

It was announced recently, that Robinson will be the host of her very own, as of now unnamed, talk show on Comedy Central in 2020. If you have seen her charming interviews on "2 Dope Queens" or her well-researched chat with Michelle Obama, it's easy to understand that Robinson's inquisitive nature and insightful disposition is the perfect pedigree for an inviting interviewer.

"I am an exchange workaholic. I don't really have a lot of life skills or experiences. From major to minor things like I don't know how to drive. I can't ride a bike and I don't know how to swim. I'm afraid of heights. I don't know how to play instruments. I didn't want to get tattoos in the past 10 years and just been too scared to do it. So I really enjoyed the '2 Dope Queens' HBO format of sitting down with the celebs and not having an interview so that you are tied to a project that they're doing,' says Robinson explaining her interview style for this new venture.

In the episode of '2 Dope Queens' with Lupita



Nyong'o, in lieu of a standard sit down discussion, Robinson and Williams instead had the Oscar-winner demonstrate her uncanny hair-braiding ability in front of a live audience. It made for a unique peek inside the actor's everyday life, as well as for some hilarious television. It was from appearances like this one, that a lightbulb went on inside Robinsons brain.

"I just kind of wanted to sort of marry the interview format with a celeb teaching me how to do something that I don't know how to do. And I think it's a good way for the audience to learn something about me. And then also more importantly, see a celeb maybe do something that they didn't know they could do or even I don't know."

Although Robinson is shaping up to have a busy two-to-three years ahead of her, in the midst of preproduction on this new show as well other various projects with her production company, she is trying to take things as they come while reveling in the workload. As for right now, Robinson has been focusing on making the "Tubman" special as good as it can be and enjoying the chance to be away

from some of the irons she has in the fire.

"The title came from when Jess and I did '2 Dope Queens'," Robinson explains of the tour's title. 'Ŵe would talk about a sort of topic of the day, whether it's pop culture stuff or something more serious. But anytime, we talked about stuff that's a little more lowbrow. We would always talk about how we were letting down various black figures throughout history... one day I said, 'out of everyone we were disappointing Harriet Tubman the most."

In a way, finding that balance is kind of the perfect representation of Robinson. She is all at once intelligent, irreverent, charmingly oblivious, and hilarious. It's something she hopes to get across as she performs at Bowery Ballroom this Thursday, October 10.

"It's been just grinding it out and you know, get-ting this hour together and it's been a lot of fun," says Robinson of the current tour. "I just really want it to be really fun hour that people can sort of forget about whatever issues they have and just have a good time and

## Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know -No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical help every case of back pain. clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried many treatments... especially countless medications.

Experienced doctors understand that even though pain medications such as antiinflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

#### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

#### Radiofrequency Neurotomy

"Radiofreguncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block"

procedures Two performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term

#### What Results Can You Expect?

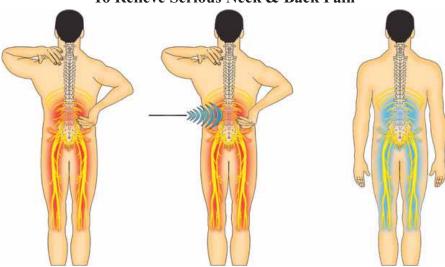
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

#### **How Long Do** The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some and some even longer. The great news is another procedure can be safely preformed for more relief if necessary.

#### **Advanced Treatment Uses Radio Frequencies** To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

#### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

#### Who Should Try This **Treatment?**

RF should be considered after other treatments, such as antiinflammatory pain medication and physical therapy do not offer good enough results.

#### RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give vou relief.

### In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

#### Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgicenter facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

#### **Your Invitation**

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

What To Do Next If You Are month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cuttingedge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

> The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

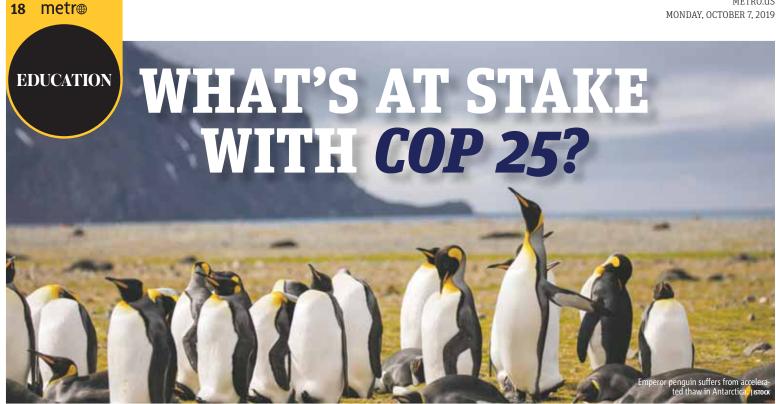
> This screening is no cost and no obligation.

> Many of the treatments offered are covered by many insurance plans and traditional

> Call 877-907-2934 for your free screening and find out if you can get out of pain today.



877-907-2934



Reports recently published by the scientific community measure the magnitude of the effects of global warming. They are essential inputs for the world summit to be held in Santiago de Chile between December 2 and 13. "Climate Change is occurring sooner and stronger than expected," says one of them. That is a scientific diagnosis to understand the importance of what will be discussed at COP25.



The great goal that the world set was to make sure that the planet's temperature does not rise above 2 degrees celsius. One that will bring together global leaders and scientists from 197 nations during 11 days this next December at the Cerrillos Park in Santiago. It is the first time that a COP will be held in Chile and it will be crucial to tie up loose ends before the new global pact against Climate Change is launched.

The United for Science report confirms that the average temperature of the planet has already risen 1.1 °C since pre-industrial times and the consequences are being felt sooner and with more force than expected.

The report concludes that we are living in the hottest five years of which there is a record. The average global temperature between 2015 and 2019 is 0.2 °C higher than in the 2011-2015 period. Heat waves have become more lethal affecting all continents with a duration of 0.37 more days per event.

During summer 2019, in the northern hemisphere, unprecedented fires were recorded in the Arctic region: only in June, the burning of forests in that area of the planet emitted 50 megatons of carbon into the atmosphere. This is more than all the fires together in that region between 2010 and

There were also devas-

tating cyclones, responsible for the greatest global economic losses. The 2018 season was especially active, with the highest number of tropical storms of all years in the 21st century. The 2017 Atlantic hurricane season was one of the most devastating in history, with more than 125,000 million in losses associated only with Hurricane Harvey. Unprecedented consecutive tropical cyclones of the Indian Ocean hit Mozambique in March and April 2019.

And that's not all. According to the FAO, extreme climatic situations are among the main drivers of recent hunger increases worldwide, after a decline for several years. The United for Science report concludes that the number of undernourished people in the world increased from 785.4 million in 2015 to 821.6 million in 2018.

Deep socio-economic transformations in key sectors, such as energy and land use, are urgent, says the report. The call of the scientific community is to be even more ambitious to avoid that the average temperature rise of the planet does not exceed 1.5 °C. But this is not an easy task. Limiting the rise in temperature requires reducing the emission of greenhouse gases dras-

To understand this better: the greenhouse effect is a natural process in which the solar radiation that passes through the atmosphere heats the Earth's surface and it reflects (or returns) it to outer space. Greenhouse gases trap part of the reflected radiation and retain it inside the atmosphere, heating it. Retaining part of this heat inside the atmosphere is crucial for the planet to maintain an average global temperature surrounding 17 °C, which allows life as we know it. But when the concentration of CO2 increases too much, due to an excessive rise in emissions, and it can take several hundred years to disappear naturally, it becomes a plug that retains more heat than necessary, raising tempe-

That is what has happened since the beginning of the Industrial Revolution. The concentration of greenhouse gases has increased to such a level that current records are unprecedented in the last three million years, which will exceed 410 ppm of CO2 by the end of 2019. What does that mean? That, for every million gases of all kinds present in the atmosphere, 410 are carbon dioxide.

A figure that marks the urgency with which decisions must be made. The goal of reducing emissions by 45 per cent by 2030 compared to 2010 is no longer as feasible. In 2018, they reached a new maximum, with 37 billion tons of CO2 released into the atmosphere, and projections indicate that they will continue to grow beyond 2030. Therefore, the

#### The COP's 25 vears

It was in 1960, when American scientist Charles Keeling alerted the world about an increase in the concentration of greenhouse gases in the atmosphere attributable to the use of fossil fuels in human activities. Subsequently, at the 1979 World Climate Conference, climate change is recognized as a serious problem and calls on all governments to take action. This was only accomplished 15 years later, when the United Nations Framework Convention on Climate Change (UNFCCC) enters into force in 1994 and the Conference of the Parties (COP) is created as the supreme body of the Convention.

scientific analysis concludes that the current commitments of governments to lower their emissions will not be enough. Countries' ambitions must triple to reach the goal set to keep warming under 2 °C and, if we want it to next exceed 1.5 °C, these efforts should be quintupled. Because, if only the current unconditional commitments are met, the global average temperature increase would be between 2.9 °C and 3.4 °C in 2100 regarding pre-industrial

This is the first of a series of weekly articles that Metro and COP 25 will publish together before the Global Climate Change

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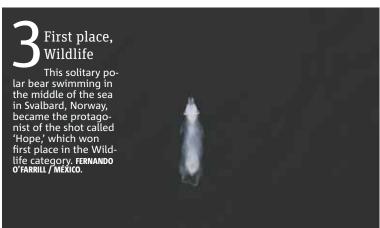


# **Nature Conservancy's** 2019 global photo contest winners

The global conservation agency dubbed Nature Conservancy, which works in 72 countries to address climate change, has recently announced the winners of its 2019 photo contest, selected from more than 121k participants from 152 countries. Metro highlights the stunning shots. METRO WORLD NEWS | PHOTOGRAPHS: NATURE CONSERVANCY









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# Vikings run rampant over Giants, Jones suffers first loss

The Vikings picked apart the Giants in an easy victory on Sunday afternoon.



A matchup against the New York Giants was exactly what struggling Minnesota Vikings quarterback Kirk Cousins needed in Week 5.

Following several down performances, the veteran quarterback went off for 306 yards and two touchdowns in a 28-10 victory over the Giants on Sunday.

The loss was the first of rookie quarterback Daniel Jones' career, whose 21-of-38, 182-yard, one-touchdown outing was admirable, but not nearly enough behind an offensive line that left him out to dry.

Jones was sacked four times on the day as he was unable to bail out a defense that had no answers for Minnesota's



Adam Thielen(19) scored two touchdowns on Sunday against the Giants. GETTY IMAGES

attack.

Vikings receiver Adam Thielen led the aerial game with seven receptions for 130 yards and two touchdowns while running back Dalvin Cook ran rampant for 132 rushing yards and 86 receiving yards.

Minnesota's playmakers did most of their

damage in the first half to relegate the Giants in an early hole.

New York was lucky to get to the halftime break down by only two possessions considering the Vikings monopolized possession in the opening two quarters.

Minnesota had the ball for 20:40 of the first half — outgaining the Giants 351-99 — while New York had the ball for just 9:20.

Cousins — who had drawn the ire of his top receiver, Thielen, after struggles in recent weeks — got back on track

against the Giants' porous defense.

The two hooked up for 121 yards on six receptions in the first half while Vikings running back Dalvin Cook had a combined 133 total yards (86 receiving).

Thielen's touchdown put the Vikings up 10-0 five seconds into the second quarter before Jones quickly found an answer to get the Giants on board.

Following a 52-yard kick-off return by rookie Corey Ballentine, Jones hit fellow rookie Darius Slayton for a 35-yard touchdown to cap off a 50-yard drive.

The Giants defense managed to hold firm despite bending plenty. After allowing a 48-yard field goal to Bailey, the Vikings looked poised to get in the end zone when Cook got loose for a 19-yard rush down near the Giants goal line, but safety Jabrill Peppers jarred the ball loose to create a turnover and get New York off the hook.

Unfortunately for them, Pat Shurmur called a predictable rush up the middle with rookie running back Jonathan Hillman on the one-yard line that the Vikings snuffed out with ease for a safety.

Hillman became the No. 1 for the Giants on Sunday after Wayne Gallman was forced to exit with a concussion.

The Giants took seven-and-a-half minutes to start the third quarter to settle for a field goal, which was quickly canceled out by Theilen's second touchdown reception of the day, a nine-yard catch to go up

It's not going to get any easier for the Giants as they have a short turnaround in a Thursdaynight matchup with the New England Patriots on Thursday night in Foxborough

#### **BRIEFS**

#### Yankees look to close out ALDS tonight vs. Twins

The New York Yankees' domination of the Minnesota Twins looks as though it's continuing in 2019 after the first two games of the ALDS.

The Yankees took care of business in the Bronx during Games 1 and 2, winning both by a combined score of 18-6.

Tonight, they'll have a chance to complete a sweep of the bestof-five-game series — which shifts to Minnesota for Game 3 (8:40 p.m. ET, FS1).

New York will send Luis Severino to the mound for Game 3 to try and close things out.

The 25-year-old ace of the Yankees' rotation missed most of the year with injuries to his right shoulder and lat.

He made his season debut in September with mixed results.

Severino didn't allow a single run in nine innings of work over his first two starts, striking out 13 while walking just two.

His last outing on Sept. 28 against the Texas Rangers, however, provided some speed bumps as he allowed two runs and walked four in three innings of work.

He'll be facing a big-bopping Twins lineup that has been held in check for most of the series, although they've hit three home runs over the first two games.

They've been no match for a Yankees lineup that boasts seven players with at least two hits in the first two games.

DJ LeMaĥieu continues to lead the way as the signing of the winter is batting .444 with a home run and four RBI. He and Didi Gregorius lead the team in RBI this series as the shortstop provided an exclamation point on the Yankees' 8-2 win on Saturday night with a grand slam.

Aaron Judge is contributing to the cause with a .500 batting average while Edwin Encarnacion has four hits in his first nine at-bats.

The Yankees will face Jake Odorizzi — who had mixed results against them — on Monday night. On May 4 in the Bronx, Odorizzi tossed six scoreless innings before getting rocked for nine runs in four innings two months later in

He's been solid since then, going 4-2 in his last 10 starts with a 2.89 ERA.

JOE PANTORNO



Luke Falk was sacked 10 times on Sunday. GETTY IMAGES



# Jets offense non-existent again, Eagles cruise Even with extra time to prepare for their Week be a revelation in 2019—managed to score its first afternoon running for his

5 matchup against the Philadelphia Eagles, the New York Jets and head coach Adam Gase came up lame once again.

The Jets were taken care of by the Eagles in Philadelphia on Sunday in a 31-6 loss that dropped Gang Green to 0-4 on the season.

Gase's offense — which was supposed to

be a revelation in 2019 — managed to score its first touchdown since Week 1, but that was the only positive to take out of the week.

With Sam Darnold still out with mono, Luke Falk completed just 15 passes for 120 yards and two interceptions, one returned for a touchdown by Nathan Gerry on a 4th-and-1 attempt from midfield in the first quarter.



Falk spent most of the afternoon running for his life as he was sacked 10 times on the day by an Eagles defense that actually looked vulnerable at times this season.

That shows just how poor the Jets are under Gase.

Running back Le'Veon Bell once again was left on an island as he accounted for a majority of the Jets' offense.

With 43 rushing yards and 45 receiving yards, he posted 68.7-percent of his team's offensive output.

The Eagles didn't necessarily have an epic offensive day, putting up 265 total yards. A Jordan Howard one-yard rush

and a Zach Ertz 11-yard touchdown reception was the highlight of Carson Wentz's unit.

The rest went to the defense.

Orlando Scandrick

added a second Eagles defensive touchdown in the fourth quarter when he simply ripped the ball out of Falk's hands and took it 44 yards for the touchdown



#### MEDICAL RESEARCH

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- 17 Sporadic
- 19 TV drama series 20 "It's all to me"
- 21 Brainy
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- 35 Breaks a fast
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- 37 Get ready, for short
- 38 Sorority letter
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- 40 Solitary

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    - 37 North \_\_; Santa's home 39 Fashion show participant
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    - 43 Shoots poorly 45 Excessive enthusiasm
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    - 48 Qualified
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    - 52 Rank's partner, in phrase
    - 53 Not \_\_longer; no more 55 Living in the \_\_ of luxury 56 One of Winnie the
    - Pooh's pals

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61

4

8

## metro.us/wordsearch

# WOC OMRAH P

American **Britain** Cowell Critic

**Got Talent** Harmony Hollywood Idol Judge

No From Me Producer Simon Syco X Factor

## metro.us/wander

#### Category: Band

L	Е	Е
Υ	D	Т
Ν	Α	S

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

## metro.us/sudoku

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S		H
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	1	r

		5	3	4	6	9	1	8
6	1	9		5			4	2
	5		4			7		
		1			5		2	
9	2			8		1	5	3
5	3	6	1	9	7	2		
	8	4				6	9	

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